

# Dunstable Senior News

## August 2016

<p><u>Dunstable Council on Aging</u> Next meeting Sept 12, at 1:00 p.m. at the town hall</p> <p>Brian O'Donnell chairman Marilyn Sheridan secretary Mary Moeller treasurer Mary Dow Danice Palumbo Donald Pottle Ruth Tully</p> <p><u>Assistant to the Elderly</u> Anne Fenochetti 978-649-4514 # 223 Office hours Tues Wed. 9-2 8:30 - 11:30 Program coordinator Susan Tully 978-649-6750 or Email at sjt0213@verizon.net</p>	<p><b>Senior Lunch</b> Held on the first Wednesday of the month, Sept – June at the town hall. Next Town Hall lunch, <u>Sept 7</u> at noon. Cost is \$3.00 per person.</p> <p><b>Senior Citizen Meetings</b> We are a peer group for those over 60 and welcome all to join. Meetings are held on the other Wednesdays in the Community Room of the Dunstable Library from 0:00 a.m. and 1:45 p.m. Social time, exercise program, crafts, games. Lunch at noon</p>	<p><b>Don't throw them away ...</b> Old eye glasses, save used postage stamps, pull-tabs from aluminum cans, used to support <b>Lions Club</b>. Donelan's receipts and BOX TOPS for Education that you find on General Mills products are used to support <b>Swallow Union</b> projects. Drop items off at library. Old cell phones with chargers can also be donated. They are then reset for 911 only and given to seniors to use.</p> <p><b><u>Thank You</u></b> To Dunstable Police Association for co-sponsoring trip to Fosters.</p>
--	---	--

### Wish List

wrapped candies (mints, Hershey kisses)  
Lightweight wheelchairs, walkers & canes  
Paper napkins, plates & cups, sodas, & snacks

The following could always use a card:

Arlene Silk  
D'Youville Senior Care Center  
981 Varnum Ave  
Lowell, MA.01454

Karlene Sabatino  
Life Care Center  
Littleton, Ma  
01460

### Volunteers needed to provide:

Prizes for Bingo, deliver Meals on Wheels to shut-ins  
Lead an activity or craft

Marge Ryder  
Westford House  
3 Park Dr.  
Westford, MA.01886

Milly Cunningham  
Crestwood  
40 Crosby Dr.  
Milford, N.H. 03055

The mission of the Dunstable Council on Aging is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

**Book Delivery** to shut-ins is available through the Dunstable Library. Just let Sue know if you or someone you know needs books or audio material. Contact Sue at sjt0213@verizon.net

### August events available to seniors

Monday	Tuesday	Wednesday	Thursday	Friday
8.	9.	10. Community Room 10 – 2 <b>Social time &amp; activities</b> 10:30 – 11:30 bone builders 10-noon Dominos Noon: Lunch 12:30: Bingo	11.	12.  <b>BONE BUILDERS</b> <b>10:30 - 11:30</b>
15.	16.  <b>FREE Lunch at Rivercourt Residence in West Groton</b> <b>12:30</b>  <b>Quilting Class</b> <b>6:30 library</b>	17. Community Room 10 – 2 <b>Social time &amp; activities</b> 10:30 – 11:30 bone builders 10-noon Dominos Noon: Lunch 12:30: Activity	18.  <b>FREE breakfast</b> <b>8:30</b> <b>Tyngsboro Senior Center</b>	19.  <b>BONE BUILDERS</b> <b>10:30 - 11:30</b>  <b>20. Grange Fair</b>
22.	23.	24. Community Room 10 – 2 Wellness Clinic 11- noon <b>Social time &amp; activities</b> 10:30 – 11:30 bone builders 10-noon Dominos Noon: BYO lunch	25.  End of Summer Cook-Out Tully's 348 Hollis St 4:00 - 7:00	26.  <b><i>BONE BUILDERS</i></b> <b><i>10:30 - 11:30</i></b>  DUTCH TREAT LUNCH 12:00 <b>Tea Cafe in Pepperell</b>
29.	30.	31. Community Room 10 – 2 <b>Social time &amp; activities</b> 10:30 – 11:30 bone builders 10-noon Dominos Noon: Pizza Lunch 12:30: Pokeno	Sept. 1	Sept. 2  <b><i>BONE BUILDERS</i></b> <b><i>10:30 - 11:30</i></b>

*Check out the Dunstable web site [www.dunstable\\_ma.gov](http://www.dunstable_ma.gov) for complete town news and calendar of event*  
**Programs at the Senior Center**

**Bone Builders Program** is held on Wednesdays and Fridays at the library from 10:30 - 11:30. This a FREE program through a grant from Tufts Health and CTI senior Corp. Volunteer leaders run the program. Bone Builders is a fun low- impact strength training and balance exercise program lead by Joanne Staples along with Marilyn Sheridan, and Brian O'Donnell.

**Dominos** will be played on Wednesdays from 10:30 to noon. Don't know how to play? We'll teach you. Looking to start other group card games.

**Scrabble** Played on Wednesdays at 12:30 - 1:45. We now have several boards

### **Events available to seniors**

The Dunstable Seniors are a peer group of those over 60. We meet in the community room of the library every Wednesday except the first Wednesday of the month. 10:30 - 11:30 Bone Builders, dominos 10:30 - noon, noon lunch, 12:30 Scrabble or other activity.

Second Wednesday at 12:30 BINGO for cash. Last Wednesday of the month, POKENO.

Scrabble group every Wednesdays at 12:30

Fourth Wednesday of the month **Wellness Clinic** 11:00 - noon. Next visit August 24

On the **first Wednesday** of the month, Sept – June a catered meal will be held at the town hall.

**Message from the Fire Chief** If you need the assistance of the fire department for a non emergency situation and you've called the fire station and no one was there. **Please call 978-448-6666**

**(Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. The answering machine at the fire station (978-649-6661) can go up to 72 hours without being listened too. it is NOT monitored as calls come in. Over the past few months people have left messages at the fire station on the answering machine for assistance, including trouble with fire alarms sounding & lift assists and no one has been at the station to listen to the answering machine. On the most recent event I listened to the answering machine 19 hours after the message was left for assistance in moving a subject from one bed to another.

**Veteran's Service Officer**, Joe Dean is available to advise what services there are for veterans and their families. for more information email dunstable.vso@verizon.net

**Well Adult Clinic** Clinics will now be held on the fourth Wednesday of the month in the community room of the library. Next date will be August 24 from 11:00 -- noon for blood pressure, pulse screening and diet teaching.

**Retirement Party for Ruth Tully** Please join us on Saturday August 27 from 1:00 - 3:00p.m. at the Dunstable Town Hall

**Rivercourt Residence** in West Groton invites Dunstable seniors for lunches on August 16 at 12:30. RSVP by August 12 with either Sue or Anne.

**Senior/Veterans Breakfast** Dunstable seniors/veterans are invited to a FREE breakfast to be held on Thurs. Aug. 18 at 8:30a.m. at the Tyngsborough Senior center, 169 Westford Rd. Reservations by Aug. 15.

**Dunstable Gardening Group** Will be making an outing to Pickity Place on Sunday August 28 for the 12:45 seating. Cost \$28.00 RSVP Aug. 17.

**Dutch Treat Lunch** Will be held on Friday, August 26 at noon. We will be going to the Tea Cafe in Pepperell. Reservations by Aug. 24

**Annual Cook-out** Our end of summer cook-out, Thursday, August 25 4:00 - 7:00p.m. Tully's 348 Hollis St. Come relax and enjoy good food and the company of friends. RSVP by Aug. 18

**Fire Department Cook-out** Sunday September 25 at noon at the Fire Station. We will also be celebrating the birthdays of those who are 90 and turning 90.

**Line Dancing Class** ... Didn't take off as well as planned, but we will give it another try in September. Those interested should contact either Anne at 978-649-4514 ext.223 or Don Pottle at 978-649-3192 or email Sue at sjt0213@verizon.net

**Walking Group** ... will resume Thursday Sept. 1 at 10:00a.m. walking at Larter Field on the paved half mile track.

**The Dunstable Grange** meets 8:00p.m. the second Fri. of the month at the Town Hall. Call 978-649-3934 for more info. Annual Grange Fair Sat. August 20. Get your exhibits ready.

**FREE Quilting Class** under the direction of **Robin Murch** will be offered on the first and third Tuesday from 6:00 – 7:45 at the **Dunstable Library**. Just drop in and she will let you know what you will need to get started.

**Knitting, & Crochet** This group meets at Swallow Union Monday nights 7:00- 8:30p.m. and will resume Sept 12.

## **Senior Services**

**Brown Bag Program** Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries once a month. Pick-up is at the Tyngsboro Senior Center 169 Westford Rd. Applications are now being accepted and are available through Ruth at the Dunstable COA office.

**Taxi Service** is available for medical appointments and to get groceries. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Ruth as soon as you know when your appointment is to make sure a ride is available.

**Durable Medical Equipment** Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, canes, commodes and much more that people have generously donated. **PLEASE** call first before you drop off items, we have an over abundance on some things. Accepted items should be brought to the **Town Hall only**.

**Fuel Assistance and Food Stamps Application** Check with Anne to see if you are eligible.

**Meals on Wheels** Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Ann.

**Files of Life** pouches are still available to **all** seniors. These pouches will contain pertinent information about you that can be left in a visible location, home/car to be used in cases of emergency. You can contact Sgt. Darrell Gilmore or Fire Chief Brian Rich for more information.

**Elder Hotline** Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Monday - Friday 10:00 - 4:00.

**We now have the application for RMV Handicap placards**

**Nashoba Nursing Service and Hospice**: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext 352 or [wchieffo@nashoba.org](mailto:wchieffo@nashoba.org).

**Bereavement Support Group** hosted by Nashoba Nursing service call 1-800-698-3307 option 1 ext.320

**American Cancer Society Road to Recovery** program provides transportation to and from treatment for people who have cancer. Volunteer drivers donate their time and their vehicle so that patients can receive the treatments they need. To schedule a ride call 1-800-227-2345 at least 48 hours before an appointment.

**Operation A.B.L.E.** of greater Boston is pleased to announce the launch of our new web site. Designed to be a one-stop, online research resource for older (45 and up) job seekers. Our site features up to date information about the job market, job postings, and descriptions of some of the many programs available to provide training to older workers. See for yourself, [www.operationable.net](http://www.operationable.net)

**Tired those unsolicited phone calls ?** Have your phone number registered through the Massachusetts "Do Not Call" registry. The registry is updated quarterly, so it might take up to 90 days after you register for calls to stop. To register call 1-866-231-2255.

Cell phones are covered by the National "Do Not Call" registry. Call 1-888-382-1222 from the phone you wish to register or on line at [www.donotcall.gov](http://www.donotcall.gov). After you register, your phone number will show up on the registry the very next day.

**Stop Junk Mail** Write to: Direct Marketing Assoc. Mail Preference Service, Box 643, Carmel, N.Y. 10512. Include your full name, address, and signature. Takes about 3 months to see results.

**Care guides available for families of people with Alzheimer's Disease.** Available to download at no cost. The Alzheimer's Disease Assoc. Ma/NH Chapter has a array of resources for families and individuals at each stage of Alzheimer's Disease. These comprehensive guides allow families to address specific issues they are currently experiencing. If you are not sure what guide is best for you call 800-272-3900. To download guide go to: [www.alzmass.org/care-guides.html](http://www.alzmass.org/care-guides.html). The Alzheimer's Assn. home page is located at [www.alz.org/manh](http://www.alz.org/manh)

### ***5 Safety items your home should not be without***

Take an inventory of your home safety items so that you can be prepared to battle any emergency. You'll find that these are all essential to your family's safety. And, of course, feel free to add items to this list depending on your family's needs.

#### **1. Smoke Detectors**

According to the National Safety Council, fire kills more than 2,900 people and injures 16,000 others each year. Most fires that claim lives occur at night. Install smoke detectors on every floor and outside each bedroom. Test detectors once a month, and change batteries when you adjust your clocks in the spring and fall.

#### **2. Carbon Monoxide Detectors**

Carbon monoxide - an odorless, colorless, and tasteless gas - killed 300 people last year and sent thousands more to the hospital. For between \$40 and \$170, a CO detector will alert you that deadly poison has begun to invade your home. Place a CO detector outside of your bedrooms.

#### **3. Radon-Detector Kit**

The Environmental Protection Association says radon might be responsible for up to 30,000 lung cancer deaths each year. Hardware stores carry do-it-yourself radon-detector kits for less than \$40. Follow directions carefully, especially regarding the placement and preparation of the room.

#### **4. Night Lights**

Babababobooooom. That's the sound your family hears when you topple down the stairs on your way to sneak a midnight snack. Simple, inexpensive night lights can prevent late-night falls. Place night lights away from flammable fabrics like bedspreads. Also, look for new night lights with cooler mini-neon bulbs. Most stores also carry state-of-the-art plug-ins that glow in the dark and then fade as day breaks. Be sure you have adequate lighting in all of your rooms.

#### **5. Sensor Lights**

Outdoor motion-sensor lights can help you see your way at night and scare off intruders. Usually, you can replace existing light fixtures with sensor lights without additional wiring.

## **"My Blood Pressure Changes A Lot"**

Your blood pressure changes from hour to hour sometimes even minute to minute. Some variation in blood pressure is normal and is just a natural part of your body's cycle. But extreme swings might indicate another problem that needs to be evaluated by a doctor.

Many normal things can have large effects on blood pressure to make it go up and down such as:

"walking 20 feet can raise systolic blood pressure by 10-15 points

\*your stress level

\*what you ate at mealtime or snack

\*how well you slept last night

\*standing up from a chair

\*listening to soothing music

\*salt consumption

\*caffeine intake

What else can you think of that causes your blood pressure to rise or fall?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries as it moves through your body. It's normal for blood pressure to go up and down throughout the day. Your blood pressure consists of two numbers: systolic and diastolic. The systolic number or top number shows how hard the blood pushes when the heart is pumping. The diastolic number or bottom number shows how hard the blood pushes between heartbeats, when the heart is relaxed and filling with blood.

\*Keep a list of medications with you-include non prescription medications such as vitamins and herbal supplements. A written record of drug name, dosage and frequency is important to have during physician visits and in case of an emergency.

\*Learn about your medication. What is the name of the medicine? Is there a generic form that you should consider? What is the medicine supposed to do? How often and when do should you take the medicine? What are the side effects? What should you do if they occur? When should you see improvement?

\*Try to use one pharmacy. By using one pharmacy, all your prescriptions are consolidated and your pharmacist can check for possible interactions between medications.

\*Maintain a schedule. Holding to a routine can decrease your chances of missing dosages or taking more than needed.

\*If you are unable to manage your medications, ask a friend or relative to help.

\*Keep a journal. Make note of all symptoms and questions you might have for the doctor.

\*Communicate. Inform your doctor and/or pharmacist with any concerns or questions.

Come to the well adult clinic and visit with the town nurse first Wednesday of every month (reference: Nashoba BOH booklet and safemedication.com)





